

Week 1: Discussion Questions

We begin our journey into discovering the new world of research and evidence-based practice (EBP) by exploring our past. After completing the required readings and lesson, answer the following:

- Explain how research has evolved since the Florence Nightingale era.
- Discuss how research and EBP are different; include how you believe research supports EBP for nursing.
- Describe one past/historical unethical breach of research conduct; then, share how you would ensure care of a study participant using one ethical or legal research consideration (guideline/principle).

- **Explain how research has evolved since the Florence Nightingale era.**

Florence Nightingale, the original pioneer of nursing, was a British nurse who utilized scientific studies to direct nursing practices amidst the Crimean War (Houser, 2023). Utilizing statistics and data to demonstrate that improved living conditions and food, she improved health outcomes. Her practices have greatly denoted her as one of the initial nurses to use EBP (Evidence Based Practice). Following this, analysis, research, and studies have advanced considerably. Today, healthcare professionals utilize research and statistics for distinctive patient populations to comprehend the best practices for each distinct group. Gaining greater validity in